

# INSPIRING CHANGE

## HYPNOTHERAPY COACHING NLP

### **RELAXATION EXERCISES**

There follows some very simple strategies that you can use if you want to relax, or calm the mind. You can also use the first strategy if you find it difficult to fall asleep, or to get back to sleep if you wake during the night, particularly if you find that your mind won't switch off.

#### **1. Counting Technique**

As you breathe in, at the beginning of the breath, count one, or focus on your little finger on one of your hands.

As you breathe in, say a word to yourself in your head. It can be any word at all:

Peace, calm, trust.

As you breathe out, repeat this word or say another word.

So as you breathe in, you might say: Peace

As you breathe out, you might say: Calm

Alternatively as you breathe in and out, you say a very short phrase:

I am calm and peaceful

It doesn't really matter what you say, although it's good not to focus on sleeping, or say 'I must relax'.

As you breathe in again, at the beginning of the breath, count two, or focus on your ring finger on one of your hands, and repeat the words or phrase as you breathe in and out.

Repeat for middle finger, index finger and thumb, or count three, four and five.

When you get to your thumb or the count of five, go back to one, and repeat whole sequence.

Keep doing this over and over. If you find yourself thinking about things again, just stop doing that, and go back to using this technique. It may require practice and perseverance!

Many clients report that using this technique has helped them, including clients who have experienced insomnia for years.

## **2. Counting Backwards.**

Decide how long you want to do this for. Clients have said that doing this for just one or two minutes helps them feel calmer. You can do it for longer; 10, 30 minutes. Set a timer if you want to keep track of time.

As you breathe in, count 300.  
As you breath out, count 299.  
As you breathe in, count 298.  
As you breath out, count 297 etc.

Keep doing this for the time period. If you find yourself thinking about things again, become aware that you are thinking about something, let that thought go, and go back to the counting. If you lose your place, choose a number to continue from, and continue counting.

# OTHER STRATEGIES FOR SLEEP

## 1. Stretching

If you feel like you are wide-awake, it often can be helpful to get up and spend 5 minutes or so doing some gentle stretching. Obviously you may have to go to another room if you are sharing a bed!

## 2. Write it down

If you have lots of thought going through your head, particularly if you are thinking of tasks you need to do, it can be useful to write it down, so that you have noted it, and don't need to be trying to remember it. Writing in a notepad is deemed to be better than using an iPad or smart phone, as it is believed that the light from the device in close proximity may stimulate and awaken.

**Disclaimer:** This information should not be taken to constitute professional advice or a formal recommendation, and is not intended to replace the advice and treatment of a physician. Any use of the information set forth is entirely at the reader's discretion.

Feel free to share this document.

Any questions? Contact me:

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